

**AMENDMENTS TO THE SPECIFICATION**

**Please amend the Abstract of the Disclosure as follows:**

The foot-wears according to the invention, in particular sport foot-wears, include ~~comprise~~ a sole (3) of molded synthetic material, within which internal stiffening means (4) are provided. The stiffening means include ~~comprise~~ at least an insert (4) of thread-like form, or anyway of thin and elongated form, defining a plurality of intermediate bends (4A); the intermediate bends (4A) define, along the development of the insert (4), two or more stretches (4B, 4D) which extend side by side in at least a zone of the sole (3); the stretches (4B, 4D) arranged side by side extend in a substantially longitudinal direction or in a transverse direction with respect to the sole (3), depending upon the type of stiffening which is desired for the aforesaid zone.